

FOCUS JANUARY 2024

VOLUNTEER OF THE MONTH



Cheryl Swofford is our volunteer for the month of January.

Cheryl is one of our many home-delivered meal drivers and has been helping us for over five years. She was born in 1948, and has two children, and four grandchildren. Cheryl grew up in North Cove, and lived in McDowell County until 1982. She lived in Atlanta, GA for 15 years, Cheryl has lived in four other states (South Carolina, Alabama, Ohio, Texas) and St. Lucia. She moved back here in 2009.

Cheryl got her master's degree at age 56 and also has PsyD, MA, and MS degrees. She passed her medical boards but chose to return to Clinical Research Coordinator, a job she absolutely loved. When Cheryl is not helping deliver meals twice a week, she enjoys time with her family and friends. She also loves reading, hiking, writing, watching TV, listening to music, watching movies, and reading Facebook.

Cheryl decided to become a volunteer driver because she had the time and the desire to serve a worthwhile community need. One thing that has touched Cheryl while delivering meals is hearing stories from all the older people she delivers to. They have the best stories and memories!

If Cheryl could say something to someone that is considering being a volunteer, she would advise them to do it because it's a great cause. Some days you might be the only person our participants get to see. The good meals we deliver could be the best food many of them eat each day. Some may go hungry without it.

Sadly, Cheryl is leaving us and moving to Hickory, N.C. to be closer to her family. We want to wish her all the best on this new journey she is about to embark on. She has been a huge help to our program, and we want her to know how much we appreciate her.

Cheryl, we wish you well and we hope you come back to visit with us. You will be missed by many.



McDowell Parkinson's Support Group (MPSG)

The McDowell Parkinson's Support Group (MPSG) meets at the McDowell Senior Center's Conference room Mondays from 1 to 3 pm to support the residents in McDowell County with Parkinson's disease or Parkinsonism.

The MPSG is free and open to any or all folks with Parkinson's disease and Parkinsonism, their family and any caregivers.

January 2024

Jan.8 Newly Diagnosed clients with PD: What you need to know?

Jan. 29 Talk on Lewy Body Dementia by Jeff Dula-Brown, MS SW,VAYA Health (in person)

*Program available via Parkinson's Foundation on YouTube

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

Senior Center Mission: To Enhance the Quality of life for McDowell County's Senior Citizens

FREE AARP TAX AIDE PROGRAM

The McDowell Senior Center will be taking appointments for the AARP Tax Aide program, which will run February 6 through April 4,2024, (last day for intake) **beginning December 13, by calling the Senior Center at: 828-659-0821.**

Tax sessions are by appointment only – and as the process was handled last tax season, we will once again use the Drop Off procedure. You will be given a specific time frame and date which you will arrive at the Senior Center to drop off your tax material from your vehicle.

Pick up of your completed return will be the following week between 1:00pm & 2:30pm, unless more paperwork is required from you.

You are required to pick up your appointment materials at the Senior Center PRIOR to your scheduled date and completely fill out the intake form. Please understand that if your forms are not completed, we cannot accept your tax information for completion of your return.

NO RENTAL INCOME OTHER THAN LAND ONLY IS ACCEPTED.

The following are **MANDATORY ITEMS** that you will need to bring with you:

A COPY OF YOUR 2022TAX RETURN

DRIVER'S LICENSE OR OTHER FORM OF PHOTO ID FOR EACH ADULT LISTED ON THE RETURN (COPY ACCCEPTED)

SOCIAL SECURITY CARDS FOR EVERY PERSON ON YOUR RETURN (COPY ACCEPTED)

ALL INTAKE FORMS INCLUDED IN THE PACKET THAT APPLY TO YOU.

ALSO any of the following which apply to you:

Social Security Statement for 2023 (mailed to you in January).

ACA Form 1095 if you have insurance

through Affordable Care Act

Wage Statements (W-2) if employed

Pension Forms (1099-R) - INCLUDING RMD (required minimum distributions)

Interest and Dividend Statements

Broker Statements (complete the form packet) Broker associated appointments will begin after March 14, 2024.

1098-T Education Form

COD FORMS(CANCELLATION OF DEBT)

Any other forms you receive associated with tax year 2023.

If you are unable to keep your scheduled appointment, please be sure to call the Senior Center, 828-659-0821 to cancel prior to your scheduled time!



Veterans can apply for honorary diploma

Veterans who served in World War II and did not complete their high school educations can apply for a special honorary High School Diploma through the "Operation Recognition" program administered by the N.C. State Board of Education and the Department of Veterans Affairs.

A family member of a deceased veteran may apply for a diploma to be conferred posthumously in the deceased veteran's name.

"Operation Recognition" was established for World War II veterans, both living and dead, as a gesture of the state's gratitude for the personal sacrifice these individuals made in the name of freedom. After the war, many were not able to finish high school for various reasons, but led productive lives and helped build the state's communities.

In 2001, the State Board of Education began awarding the diplomas. Veterans

who attended school in North Carolina before the war, but who now live out-of -state, may apply.

The following criteria are used to determine eligibility: Received an honorable discharge; served in any branch of the military between Sept. 16, 1940, and Dec. 31, 1946; attended a N.C. high school sometime between the years 1937 and 1946, with an expected graduation class of 1940 to 1950.

Either the veteran or a family member of a deceased veteran must submit to the State Board of Education in Raleigh an application form with a copy of the honorable discharge papers showing date of enlistment or induction, and date of honorable discharge. A legible photocopy is required. Do not send the original as no documents will be returned.

The application and a copy of the honorable discharge papers should be sent to the N.C. State Board of Education, 6343 Mail Service Center, Raleigh, N.C. 27699-6343. A blank application form may be obtained from the same address. A copy of the veteran's honorable discharge papers (Form DD214) may be obtained from the office of the local Register of Deeds

You can contact the McDowell County Veterans Service Officer, David Byrd, for help by calling 659-0833.

Winter Weather Policy

When the weather is bad such as snow or icy conditions, you may call 828-659-0821 after 7:00 AM to hear about closings or delayed openings for the McDowell Senior Center and the A.C. Bud Hogan Community Center. The McDowell Senior Center's policy is to close when the school system closes due to the weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions.

Some good items to have on hand are snack-sized canned goods (because they generally have pull-top lids). Store extra water, crackers, granola bars, dried fruit, and trail mix.



Geriatric and Adult Mental Health Specialty Team



Webinar Schedule 2024 Eastern Region

To Register:

Go to <u>Vayahealth.com/Calendar</u> Click on desired class to register.

For More Information:

Email: jeffrey.dula-brown@vayahealth.com Or call: 828-225-2785 ext. 3346

Date	Time	Торіс
January 12, 2024	10:00am-11:00am	Enriching Mental Health with Complimentary Treatments Part 1
January 12, 2024	11:15am-12:15pm	Enriching Mental Health with Complimentary Treatments Part 2
January 16, 2024	1:30pm-2:30pm	Enriching Mental Health with Complimentary Treatments Part 1
January 16, 2024	2:45pm-3:45pm	Enriching Mental Health with Complimentary Treatments Part 2
February 9, 2024	10:00am-11:00am	Facing the Emotional Challenges of Chronic Illness
February 9, 2024	11:15am-12:15pm	Anxiety: Managing Nervous Energy
February 20, 2024	1:30pm-2:30pm	Facing the Emotional Challenges of Chronic Illness
February 20, 2024	2:45pm-3:45pm	Anxiety: Managing Nervous Energy

Vaya Health Trainings 2024 Eastern Region

Open to the Public

Location:

McDowell Senior Center 100 Spaulding Road, Marion, NC 28752 Held the 2nd Wednesday of each month

To Register:

Go to <u>Vayahealth.com/Calendar</u> or call the McDowell Senior Center at **828-659-0821**

Vaya Health's Geriatric Team serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1	Topic 2		
	(1:30pm-2:30pm)	(2:30pm-3:30pm)		
Jan 10	Enriching Mental Health with Complimentary Treatments Part 1	Enriching Mental Health with Complimentary Treatments Part 2		
Feb 14	Facing the Emotional Challenges of Chronic Illness	Anxiety: Managing Nervous Energy		
Mar 13	PTSD: Healing the Emotional Wound	Hoarding Disorder: Hidden Secrets		

Hosted by the McDowell Senior Center in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

THE BUZZZ OF OLD FORT

Remember Walter Hensley and his family as they mourn the loss of our longtime member and volunteer Betty Hensley, she will be missed.

We also need to keep Dianne Ylitalo in our thoughts, she has been back in the hospital.

We enjoyed Rayburn Davis playing piano music for us on Friday, December 8th. We hope he comes back soon.

We have also enjoyed the 12 days of Christmas, Seeing everyone in their hats, sweaters, grinch colors, and pajamas has been a lot of fun.

On Tuesday December 5th we had a class in wreath making with Toni McCoart. Doris Farmer, Margie Swann, Bonnie Lackey, Debb Vess, Mary Blackwelder, Rhonda Hulse, Carolyn Smith, Marsha Smith, Carolyn McEntire, Mary Jane Walker, Betty Suttles, Carol Hartis, Irene Wright, Robin Tyrdik, and Rita Hollifield attended the class. The wreath's were very beautiful and everyone enjoyed themselves.

By Carey Woody

Riddles:

- 1. What is stronger than steel but can't handle the sun?
- 2. What is it that no one wants, but no one wants to lose?
- 3. The more there is, the less you see. What am I?
- 4. How do eight eights add up to one thousand?
- 5. I have many faces, expressions, and emotions, and I am usually right at your fingertips. What am I?

Answers are on the back page.

FOOTHILLS REGIONAL COMMISSION AREA AGENCY ON AGING SERVING CLEVELAND, MCDOWELL, POLK AND RUTHERFORD COUNTY

Home and Community Care Block Grant

The Home and Community Care Block Grant (HCCBG) combines federal and state funding to support home and community-based care for older adults. The Area Agency on Aging (AAA) is responsible for assisting with the implementation of the HCCBG by providing technical support to local service providers and monitoring those services and agencies in our four-county region.

Home and Community Care Block Grants services currently in our region are:

- Congregate Nutrition: McDowell Senior Center: 828-659-0821
- Health Promotion & Disease Prevention: Area Agency on Aging 828-287-2281
- Senior Center Operations: McDowell Senior Center 828-659-0821
- Transportation: McDowell Senior Center 828-659-0821
- Home Delivered Meals: McDowell Senior Center 828-659-0821
- In-Home Aide: McDowell Senior Center 828-659-0821
- Legal Services: Legal Aid of NC-Morganton 828-437-8280

For more information, please call 828-287 -2281 Monday through Friday 8:30am – 5:00pm



Guess the Definition

Eccentric

1. Assorted

- 2. Offbeat
- 3. Selfish

Answer is on the back page.



Doris Robinson had surgery recently. It is good to see her doing well and able to visit the Senior Center.

Remember Helen Kehler in prayer as she deals with health issues daily.

Bobbie Gumbert needs prayers as she adjusts to a new way of life.

A special thank you to The Resurrection Gospel group. They sang at the Senior Center on December 8. It was a special time for the Seniors.

We congratulate Teresa Gentry for winning first place in the Ugly Sweater Contest.

Congratulations to Gladys Poteat for winning first prize in the Gingerbread House Contest.

The Seniors enjoyed a trip to Narroway Dinner Theater on December 9. We saw The Real Christmas Story. The show included the presentation of Jesus' birth along with the dedication of His purpose for coming to Earth. We enjoyed a wonderful Christmas meal. There were several animals in the show including a Beagle Dog. On the way home the bus had a flat tire and we patiently waited 2 hours for AAA to arrive and change it. We even succeeded in having fun during the wait.

By Wilma Gladden



We send our heartfelt condolences to all the family and friends of :

Irva Byrd 12-1-2023 Betty Hensley 12-4-2023 Jim Patton 12-11-2023

JANUARY 2024 McDowell County Senior Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2	3	4	5
Happy New Year!	8:30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	8;30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	10:30-11:30 Chair Exercise
8 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00 Parkinson's Support Group	9 8:30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	10 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing <u>1:30-3:30 Vaya Health</u> <u>Training</u>	11 8;30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:00 Computer Class 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	12 10:30-11:30 Chair Exercise
CLOSED 15	16 8;30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	10:30-11:30 Chair	18 8;30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 9:30-11:30 Fun & Games 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	19 10:30-11:30 Chair Exercise 10:30-11:30 Let's Get Crafty
22 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	8;30-9:30 Tai Chi 23 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	24 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	25 8;30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 9:30-11:30 Fun & Games 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	26 10:30-11:30 Chair Exercise
29 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00 Parkinson's Support Group	30 8:30-9:30 Tai Chi 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 10:30-11:30 BP Check 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	31 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing		

OLD FORT NUTRITION SITELOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762Phone: 668-4867JANUARY 2024

FIIUIIE: 000-4007 JAINUAKI 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol	3 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	4 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	5 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
8 8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil	9 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol	10 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	11 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	12 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
CLOSED 15	16 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol	17 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	18 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb 2:00 Book Club with Rita Silvers	19 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
22 8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil	23 8:30-3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol	24 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	25 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	26 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
29 8:30-3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil	30 8:30-3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol	31 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	Нарру	Winfer

Marion Nutrition Site For Reservations

Call: <u>659-0831</u>

MENU

Old Fort Nutrition Site For Reservations & Cancellations Call: <u>668-4867</u>

JANUARY 2024

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1	2 Pork Loin Turnip Greens Black Eyed Peas Roll Fruit Cup	3 Italian Chicken Mixed Vegetables Buttered Noodles Roll Jell-O	4 Baked Macaroni & Cheese Broccoli Cold Country Tomatoes Cornbread Cake	5 BBQ Pork Cole Slaw Juice Baked Beans Hush Puppies Cookie
8 Country Style Steak w/Gravy Green Beans Mashed Potatoes Roll Apple Dump Cake	9 Teriyaki Pork Vegetable Egg Roll Fried Rice Fortune Cookie	10 Kielbasa w/ Sauerkraut Lima Beans Au Gratin Potatoes Roll Fruit Cup	11 Chicken Alfredo Broccoli Garlic Knot Cake	12 Potato Soup Tossed Salad Crackers Strawberries & Bananas
CLOSED 15	16 Chicken Ceaser Salad Croutons Bread Stick Pound Cake	17 Double Sauced Pasta w/Ground Beef Green Beans Penne Pasta Garlic Bread Cookies & Cream Fluff	18 Cheddar Wurst w/Chili Cole Slaw Hot Dog Bun Chips Fig Bar	19 Vegetable Beef Soup Side Salad Crackers Fruit Crisp
22 Home delivered meals– Chicken Nuggets Congregate– Fried Chicken Corn Mac & Cheese Biscuit Banana Pudding	23 Salisbury Steak w/Gravy Peas & Carrots Baby Bakers Roll Cookie	24 Breakfast Plate w/Scrambled Eggs & Sausage Links Juice Biscuits & Gravy Fresh Fruit	25 Sweet & Sour Chicken Vegetable Dumplings Fried Rice Chinese Donut	26 Beef Stew w/Carrots & Potatoes Cornbread Fruit Cobbler
29 Pinto Beans Turnip Greens Potato Chunks Cornbread Danish	30 Meatballs & Gravy Mixed Vegetables Rice Roll Granola Bar	31 Chili Beans w/Kidney Beans Corn Crackers Fruit Cup	Dining Room Notice In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.	<u>Nutrition Site</u> <u>Beverages</u> Whole Milk Skim Milk Tea Coffee



R

Ŕ

है

है

2 2

MARION

Mary Burleson 3 Kenneth Denny 10 Martha Burleson 11 Calvin Byrd 11 Sherry Compton 15 Jerry Ledford 16 Alma Mason 17 Herman Owensby 19 Steven Roscoe 21



Nancy Buzby 23 Mary Cate 24 Dan Davidson 25 Phillip Frady 26 Sandra Lewis 28 Philip White 31

OLD FORT

Nettie Stroud 1 Merrill Davis 4 Robin Bingham 5 Hazel Small 6 David Blackwelder 7 Florence Young 12 Carolyn Smith 13 Reba Lytle 16

R

2

R

R(

Ŕ

R

.

MCDOWELL COUNTY SENIOR CENTER 100 Spaulding Road Marion N.C. 28752

Phone: 828-659-0821 Weyland Prebor, Director

> FOCUS Marion Reporter: Wilma Gladden Old Fort Reporter: Carey Woody

Editor: Karen Burrell kburrell@mcdowellseniorcenter.org WEB: www.mcdowellcountyseniorcenter.org FAX: 828-652-8723



Scan this QR code with a scan reader on a phone or tablet to instantly get to the McDowell County Senior Center website.



Japuary 19th

10:30**a**m-11:30**a**m



There is Limited Space, must see Front Desk to sign up for the class.

For more information see Brenda Monosso.

Guess the Definition Answer

2. Offbeat

Riddle Answers:

- 1. Ice
- 2. A lawsuit
- 3. Darkness
- 4. 888 + 88 + 8 + 8 + 8 = 1000
- 5. Emojis

